Welcome and Introduction – Volunteer Handbook



My name is Diana Bowie and I would like to welcome you to DB Peru. We are thrilled to have you as a volunteer and hope that you find your experience rewarding. In 2001 I came to Peru on vacation. Concerned by the pressing health care needs of the people living in the jungle, I decided to stay and focus my time on providing health education and care to the people in the villages of the lower Napo River.

My business partner Renzo Peña and I co-founded DB Peru and are proud to say that our programs are having positive impacts for these wonderful people of the Amazon rainforest. Since our inception, we have progressed from providing classes for midwives and local health workers to initiating a women's project to screen and treat for breast and cervical cancer. Our programs also include dental and medical treatment. Our scholarship program provides education for young people to come nursing and lab technicians. We serve more than 6,000 people living in 28 villages and it is because of volunteers like you that we can continue this important work.

The following packet represents DB Peru's Volunteer Handbook; which we hope you will find useful to answer your questions about life in the jungle. In this packet, we cover a host of topics from suggestions of what to bring to what a typical day looks like. If you have a question that is not answered in the packet, you may feel free to contact us through email info@dbperu.org.

We look forward to your joining us soon to make a positive difference for some of the most remote communities in the Amazon. We thank you for sharing your skills and talents to improve health care knowledge and conditions for the people of Peru. We strive to work with the communities to build lasting changes, and to promote sustainable healthcare solutions for the indigenous people of the Amazon rainforest.

Saludos,
Diana Bowie
President and Co-founder DB Peru

Please note that we have made every attempt to provide up-to-date information in this packet, but sometimes things change before we can amend it for trip purposes. It is very important that you contact us at least once to receive the most accurate information.

VOLUNTEER HANDBOOK

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Cost of trip

Costs will vary based on length of each individual trip. Here is an example of the cost for a typical 8-day, 7-night trip:

Volunteers - $1450

Internships are priced separately depending on length of time and project work

Included in price:

- Pickup at airport in Iquitos and take to hotel
- 1 night in Iquitos at hotel and breakfast
- Transport buses to docks
- All boat transport on river
- 6 nights ExplorNapo Lodge or other
- All meals and water to refill water bottles
- Return to Iquitos, transport from dock to hotel to wait for flight same day back to Lima
- Transport to airport in Iquitos
- Tips for buses and tips for porters and workers at lodge
- We will have a few translators

Personal costs - lunch and dinner on the first day and lunch on last day (as people may want to explore on own), and personal tips for hotel porters (many people don't use them). If anyone ventures out to explore in Iquitos, there are personal costs of *mototaxis,* about 3 soles ($1) per trip. And of course personal items or snacks that each person wishes to bring.

Airline arrangements

Each person is responsible for their own international ticket to Peru. We can assist with purchase of round trip airline tickets from Lima to Iquitos if requested as sometimes prices are cheaper when bought in-country.

We do request that you communicate your international arrival and departure information with us, as well as any domestic flight information if tickets were purchased on your own. We are frequently coordinating schedules of many volunteers and must arrive in Iquitos by a certain time in order to go downriver together. We are sorry but it is not possible for groups or individuals to go separately downriver.

Weight allowances vary among airlines and countries. Please note that airlines in Peru have varying weight limits that they permit which may be less than the international allowance. If you have traveled internationally with more weight, you may be responsible for excess baggage fees, or will need to store luggage in Lima.

All jungle activities at the ExplorNapo Lodge are included in our stay - people can choose to do them or not. However, for whoever decides to take part, we will ask that each person tip their guide or boat driver for these personal services. Also for any services rendered at the little bar at the lodge, there should also be a tip for the bartender - 10% of bar bill is standard. Some people don't use bar at all, but it is stocked with cold sodas and water, as well as beer and alcohol. All drinks go on bar bill and are paid on the last morning before we leave the lodge - no money is exchanged before that - and the bill can be paid with cash or credit card.

Typical jungle activities "done before and after our work day":

- Night hikes
- Night boat rides to see the stars and nighttime wildlife
- Excursion by boat to native village of Sucusari to learn about the culture, their environmental work and stingless bees project of the Maijunas
- Morning boat rides to see birds
- Piranha fishing
- If water levels permit, boat trip to see giant lily pads (*victoria regia*)
- Canopy Walkway – This activity will be $15 and added to your bill at the end of your stay
- Paddling in a canoe and of course swimming if anyone wants to venture in

Payment:

A US $100 non-refundable deposit is required to hold your trip date, which will apply to the total cost of trip. This must be accompanied by a completed application. For medical professionals, please include a copy of your license.

Forty-five days before the trip, the balance will be due.

Payments may be made by:

- Checks - if mailed within or to USA
  DB Peru
  1512 E. Robinson St.
  Orlando, FL 32801
- PayPal on website – please add 5%
- Wire transfer to local bank in Lima – add $20

Application Information

Before completing the application, please take the time to read through the following:

Physical concerns

Time spent in the rain forest is rewarding but also challenging. There are situations during travel and in the jungle where a moderate amount of physical exercise and dexterity are required. There are also times when we travel in remote areas that are more than a day's travel from a clinic. We want to be sure that every one of our volunteers is physically capable and prepared for an 8-day trip working and living in the heat of the jungle.

1) Can you climb up 2 or 3 flights of stairs with ease?
2) Are you able to board and alight boats without assistance?
3) Can you carry your own baggage?
4) Do you have any physical limitations or medical conditions?

If any of these questions are of concern, please contact us before you apply.

Emergency contacts

When deciding who to list as your emergency contact, please consider the availability of that person to receive telephone calls, and if they can make decisions about your health, or have the contact information for those who can.

Communication

Spanish is the primary language of the jungle where we work. If you do not speak conversational Spanish, please consider taking classes or learning basic Spanish before you arrive in Peru. It will enhance your personal experience and ease in being here, as well as making interactions with the local people more valuable. We have limited translators available who can certainly assist, but we do not have the resources to provide translators one on one.

Application is attached at end of Volunteer Handbook and as a link on www.dbperu.org

How to prepare for the trip

Passport or Peruvian ID – suggest making a copy or have an electronic copy in accessible file

Clothing:

- Lightweight, quick-drying clothing, including some long sleeved shirts and pants for night wear - pants with zip-off legs are good. (Blue jeans do not dry easily if they become wet, and they are quite heavy to carry around wet)
- At least 3-4 outfits for working days, no matter what your length of stay is – if you wash clothes and there is no sun, it can take several days for things to dry. A suggestion is one outfit per day, plus fresh clothes for evening, including socks and underwear
- 2 pair of shoes/boots – they should be comfortable and either waterproof or repellent or quick-drying like Converse-type tennis shoes. Rubber boots, if needed, may be available at lodge or purchased in Iquitos
- One pair of flip-flops or waterproof sandals
- Light-weight jacket, sweater or fleece for traveling
- Hat, visor or bandana
- Poncho raincoat (can buy in Peru) and/or umbrella

Personal supplies:

- Flashlight and/or headlamp preferably with extra batteries (if weight is a problem, you can buy both flashlight and batteries in Peru)
- Mosquito repellent – should have DEET 20% or more. Other products such wristbands with citronella may be helpful
- Sunscreen
- Sunglasses
- An extra pair of glasses for people who wear glasses
- Small and medium plastic bags for items that shouldn't get wet (cameras, passports, etc.) – and a couple of regular plastic bags for wet or dirty clothes, boots
- Camera and film, battery and charger
- Small backpack or daypack for walking, hiking

- Small notebook and pen/pencil to record notes
- Personal water bottle
- For people who are sensitive to the heat, a small battery-powered fan, approx. 6-8 inches is ideal
- Earplugs if desired
- Alarm clock or cell phone with alarm
- Books, reading material, playing cards

Toiletries:

- Small packs of Kleenex type tissues or toilet paper
- Wet wipes can be very useful
- Hand sanitizer

Medications/Vaccinations:

- Personal medication, both prescription and non-prescription
- No vaccinations are required for Peru. However, it is suggested to have:
  Hepatitis A (series of 2) lifetime
  Hepatitis B (series of 3) lifetime
  Typhoid – good for 2 years
  Tetanus/diphtheria – good for 5-10 years
  COVID, Flu
  Yellow Fever – good for 10 years and will be needed if you plan to go to jungle of another country (Colombia, Brasil) or some countries require it in order to return back home.
- You can check the CDC travel advisory site for more information
- It is also suggested that you take anti-malaria pills. Your doctor or the health dept. will advise you on which pills to take.
- Personal masks if desired

Notes:

- Cell phones often do not work in the jungle, so please advise loved ones and associates that you will be out of range for the time you are in the jungle. Wi-Fi is available at the lodge and hotel, but it is intermittent and not reliable, so daily communication most likely will not be possible.
- There is limited 220V current available for charging batteries during certain hours of the day. Most current electronics (such as laptops, cameras, cellular phones, IPODs) can be safely charged using 220V current, but please check your owner's manual, as voltages and plug adaptors vary country to country.
- It is advised that you do not bring any expensive jewelry or any items that might be ruined due to dirt or wetness.
- Drink only bottled water and drinks, and avoid ice, fruits and vegetables that might have been washed in dirty water, raw foods, except in those restaurants that are known and have good reputations, or at the lodge.
- Feel free to bring guitars or other instruments to share your talent in villages or with other volunteers in the evening

Money:

- In Peru the currency is soles. Sometimes US dollars can be used as well as Euros. In the jungle only soles will be accepted (except for hotel and lodge).
- Exchange money for small denomination coins after you are in Peru. We can direct you to a bank where exchange can be made, as frequently people cannot make change for even small bills in the jungle.

Travel and Medical Insurance:

- These plans and costs vary country to country – please seek local advice when purchasing insurance

A Typical Week

This itinerary will give you a guide of what to expect on a medical trip

Day No		Activity
		Arrive in Lima & stay in hotel
Day 1		Fly to Iquitos – spend the night in Iquitos – make trip preparations
Day 2		4-6 hour boat journey on Amazon to ExplorNapo or other lodge on Napo River
Day 3		First village
Day 4		Second village
Day 5		Third village
Day 6		Fourth village
Day 7		Fifth Village
Day 8		Boat back to Iquitos, fly to Lima & spend night in Lima, or travel home
		Explore city or travel home

Media

- **Internet:** It is available at the lodge but it is intermittent and not reliable. So please be prepared for this and realize you may not be in daily communication with family and friends.
- **Photographs/Videos:** Personal photographs and videos are something we all enjoy taking to preserve memories. Please be respectful and consider that what you may think is fascinating, could be intrusive to someone else. Always ask permission when taking photographs.
- **Social media**: We are well aware of how important it is to share all of the wonderful and exciting things you do each day but again we urge caution. Please do not post anything that may be perceived as intrusive or embarrassing to others, either for the volunteers or the indigenous people.
- **Sharing**: Please feel free to send us copies of your photos and videos. Visit our webpage www.dbperu.org to share stories with us. Like us on Facebook DBPERU ORG. You can share photos on dbperuphotos@gmail.com.

Cultural Awareness

Having operated as an NGO/charity in the Amazon region for more than 20 years, we are very proud of the working and personal relationships we have developed during this time. It is of the utmost importance to us to maintain high levels of respect for everyone that we encounter during our time in the villages. We ask the same of our volunteers, and respectfully remind you that throughout your trip you will be seen as an ambassador of DB Peru.

Please be mindful that social and religious customs may differ from those of your own. If in doubt please ask us, as in Peru, people are free to choose their religious preference.

Code of Ethics

It is our position to, first and foremost, respect and preserve the culture of the peoples of the Peruvian Amazon and of all people in Peru.

Understanding that our presence in the villages of Peru will effect change, when faced with decision-making, we will make decisions with as little impact for cultural or religious change as possible.

When bringing new education or information to the people, it will be based on sound principles established by Peruvian standards of health advocated by the Minister of Health in Peru.

We will be good stewards of resources, seeking the most economical methods to obtain our goals of better health or more accessible healthcare for the Peruvian people.

When seeking resources for the organization, we will be honest, presenting our situations and projects to be as clearly understood as possible.

We will honor our donors by acknowledging their gifts with thanks and feedback.

We will work within the laws of the United States and Peru in obtaining and reporting our funding and resources.

Testimonials and Feedback

Previous volunteers have commented on how they found their experience with DB Peru immeasurably valuable as well as fulfilling both personally and professionally. We hope you will feel the same way too. We would appreciate your thoughts and feedback after the trip, as we want to know about your experience, and if there are any ideas for improvement.

Volunteer Roles

General

All volunteers will be asked to assist with set-up of classrooms and clinic work stations. At the end of each day, everyone is expected to assist with clean-up and packing supplies in orderly fashion. Men in the villages will assist with carrying supplies to and from the boat, and with moving furniture if needed. Except for lunches, every volunteer should bring everything that they might need for the day in a small day pack that they can carry themselves. In the evenings, everyone should be prepared to restock supplies or make preparations for the next day.

Intake & Registration

In general, those who have an intermediate level of Spanish will be asked to register patients. All of our registration forms contain English & Spanish translations to ensure that local staff and volunteers alike can comprehend recorded information.

Patients will be asked to provide a brief medical history and information regarding that day's health issue. They will then proceed to be seen by one of our medical volunteers, or in some cases local healthcare workers. The volunteer may be asked to take blood pressure, temperature, and weight.

For Health Care Workers, such as:

- Doctors
- Dentists
- Nurse or nurse practitioner
- Licensed healthcare professionals with an interest in helping provide primary care
- Medical students with medical oversight
- Teaching or childcare professionals

Things you might be expected to do or treat:

- Minor ailments and illnesses for adults
- Basic pediatric care and well-baby checks
- Breast exams
- Minor injuries
- Basic obstetrics and prenatal exams
- Family planning
- Triage

Pharmacy and Diagnostics

DB Peru purchases and provides all necessary medications and supplies. One or two volunteers may be asked to operate our mobile pharmacy to support the medical practitioners who prescribe medications. We provide printed labels to ensure correct dosage is attached to each and every tablet, liquid and lotion that is given out. Inventory is carried out at the end of each day to ensure all medications are accounted for and replenished for the next day's clinic.

The extent of diagnostic testing is limited to vital signs, weights, urine dip stick testing, blood glucose, and pregnancy tests. Any volunteer may assist with testing if they have been trained prior to or during the trip.

Playing with Children

The villages are full of lively children, much as you would find in any town across the globe. All are equally inquisitive. While hosting education classes for adults, having a volunteer keep children occupied helps the parents concentrate if they do not need to attend to their little ones, and assists the instructors by keeping the noise level down.

Having volunteers who can entertain the children is a huge bonus. You can often find older children willing to assist, and we usually have bilingual staff available to initiate set up with some child-friendly activities. Circle games such as Duck, Duck, Goose, drawing, coloring, balloons and balls are simple, but fun ways of keeping the children occupied.

Educational Classes

When conducting our classes, volunteers are asked to help in many ways:
Organizing the classroom and set up of teaching materials
Serving drinks and snacks at breaks
Assembling midwife kits of supplies
Completing certificates for attendees

Other roles:

Assisting medical and dental professionals with exams
Translation
Measuring and sizing bras at our Women's Projects
Demonstration of health-related teaching and first aid
Leading or participating in icebreakers in classes
Sharing special talents
During health fair, set-up of village with banners and streamers, set-up of classroom and teaching areas, set-up of soccer games, referee, scoring
Photography, videography
Facebook and other social media posting
Inventories

Distribution of Gifts

We truly appreciate it when people bring donations, but realize it is not always feasible. We ask that any contributions you do bring be discussed with the trip leader for appropriateness, and so that

equal and fair distribution can be applied throughout all of the villages. Considerations for transport: Weight, bulkiness, cost of extra baggage worth the value of gift (would it be better to buy in Peru?)

Below are some of the items we have found useful in the past that relate to our programs:

General

- Thread /sewing needles/buttons/zippers/hooks and fasteners
- Tools
- Combs/brushes/hair bows and elastic bands
- Nail clippers
- Ball caps

Dental

- Toothbrushes and floss

Women

- New or gently used bras. Please label with correct size on outside as labels often fade with washing.
- Prenatal vitamins

Medical

- Children's vitamins (not gummies)
- Multi vitamins
- Disposable gloves
- Dressings and first aid supplies
- Antibiotic cream or ointment

Children

- Balloons/stickers/pencils/crayons/chalk/drawing books/balls

Health Fair

- Gently used reading glasses
- Gently used sunglasses
- Nail clippers

APPLICATION FOR VOLUNTEER

Name_____ **Date of birth**_____

Address_____

City, State, Zip_____

Country_____

Home Telephone_____

Cellular Telephone_____

Email address_____

Passport number_____**Country**_____

Emergency contact name_____

Emergency contact telephone_____

At times there are situations during travel and in the jungle where a moderate amount of physical exercise and dexterity are required. Do you have any physical limitations that should be considered?

There are also times when we are traveling in more remote areas that are a day's travel from a clinic. Do you have any medical conditions that should be known?

What are your goals or expectations of this trip?

Do you have any special talents or knowledge to share on this trip?

For volunteers working in a professional capacity, please give a brief background of your professional credentials and work.

Will you be doing any research on this trip?
_____
If yes, please give a brief outline of your subject and hypothesis.

Do you expect to publish this research? _____

Will you need a letter of reference after the trip? _____

Do you have a sponsor? _____
If yes, who? _____

What languages to you speak? _____

What is the approximate amount of time that you can volunteer? _____

If you are under 18, who is your parent or guardian?
_____

Signature_____

Please send to DB Peru, 1512 E. Robinson St., Orlando, FL 32801 or email to info@dbperu.org

For medical professionals, please include a copy of your current license.